

STAN MULLIN'S FLYING OARS

Story and photos by Suzanne Murphy

For months, Stan Mullin, 68, was laid up with a broken pelvic bone suffered in a fall from his 10-speed bike. It was a time of soul-searching.

His days of vigorous biking and skiing, he knew, were over. "At my age," he recalls, "I knew I didn't want to risk another fall. Above all, I knew I didn't want to sustain another serious injury."

Mullin's love of strenuous exercise, however, didn't end with the bike spill. *But what could he do?* Some people his age might have slipped quietly into the back seat of life. Not Mullin.

Shortly after his recovery, he went to a class reunion at Harvard University. As a student there, he had learned the sport of sculling. On his return to his alma mater,

Mullin looked at the Charles River—and suddenly, his dilemma vanished.

"There I was again after 45 years," he says, "looking longingly at the Charles River and those magnificent racing shells; that's when I decided to get back into rowing."

Vigorous but safe, rowing became Mullin's salvation. Like the college student he was nearly half a century ago, he is back in the water, working out about four times a week in the Pacific Ocean.

In 40 minutes or so, Mullin zips along three to four miles in his 27-pound shell. "The whole design of the racing shell is just as efficient as anything in the water," he explains. "And once you master its intricacies it's just like flying."

Just like a grandmother

By Walter Oleksy



Hug and smile from volunteer "Grandma" Fannie Katzenberg, 87, warm boy in Chicago hospital. Her husband died 13 years ago, but she's far from lonely.

Children getting over injuries and illnesses in a Chicago hospital snuggle up to "Grandma" Fannie Katzenberg. They smile, and they feel better.

For 15 years, Mrs. Katzenberg, 87, has been going to Children's Memorial Hospital to give herself to the youngsters as a volunteer grandma. She reads to them, plays with them, walks with them.

"I know these children need love," she explains, "and when their parents can't be here, I try to fill in for them."

About half a dozen other women also are "grandmothers" at the hospital, but most are considerably younger—in their 60s and 70s.

Good weather or bad, Mrs. Katzenberg makes the long trip, taking three buses each way. She didn't even miss a day during last January's terrible cold spell.

"Volunteer work gives me an inner glow," she says. "When I come home I'm very tired from being on my feet all morning, but I feel wonderful inside."

For 10 years before she started working with children, Mrs. Katzenberg read to blind college students. "I never went to high school," she explains, "so reading textbooks to university students gave me a good general education. I'm interested in everything. That and volunteer work keep me healthy and happy."

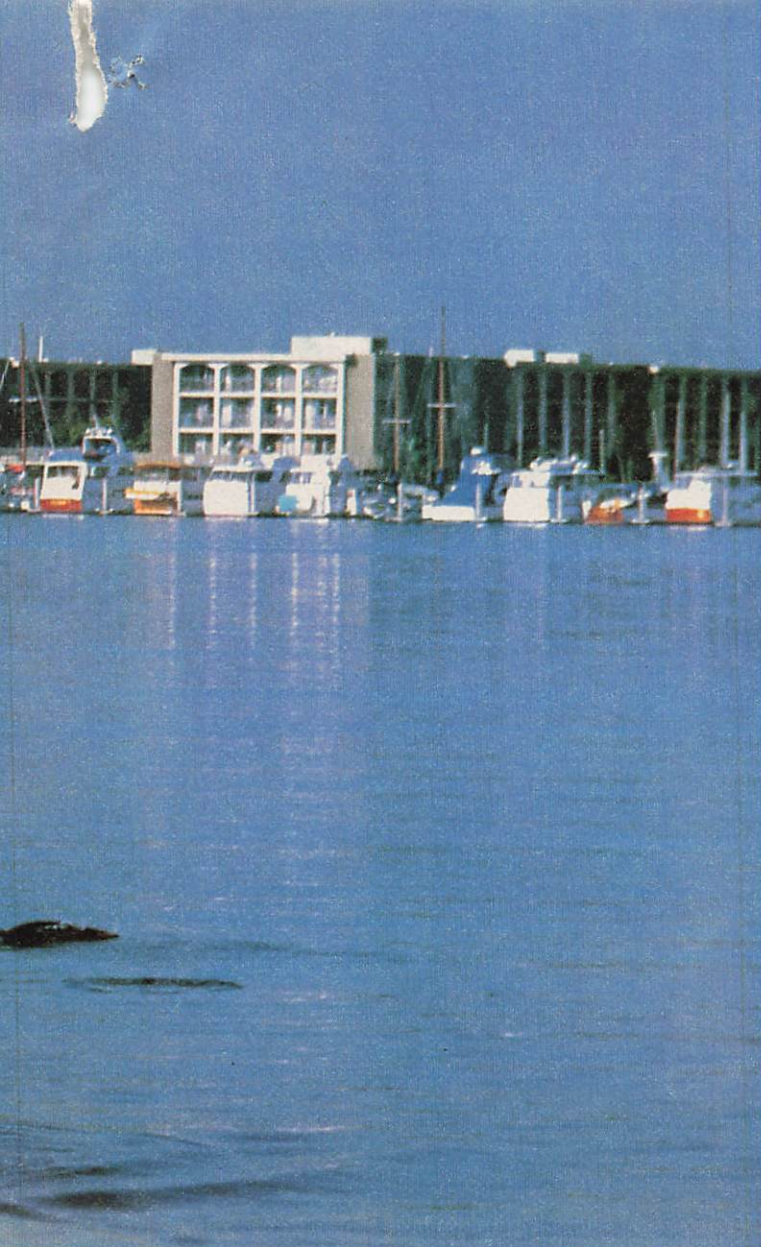
Mrs. Katzenberg, who has two married children, five grandchildren, and five great-grandchildren, has a special reason for helping children. One grandson was born with a bad heart and was given only 10 years to live. He's now 32, a doctor and a father.

"So many people helped save his life," she says, "I wanted to work with children to repay some of the help my grandson got."

A hospital spokesman describes Mrs. Katzenberg as "very outgoing, very warm with the children." Every Christmas, she dresses up as Mrs. Santa Claus and goes with Santa around the hospital visiting the young patients.

"I treasure every day," she says. "And I try to use each one to help at least one person—to make at least one person happier." □

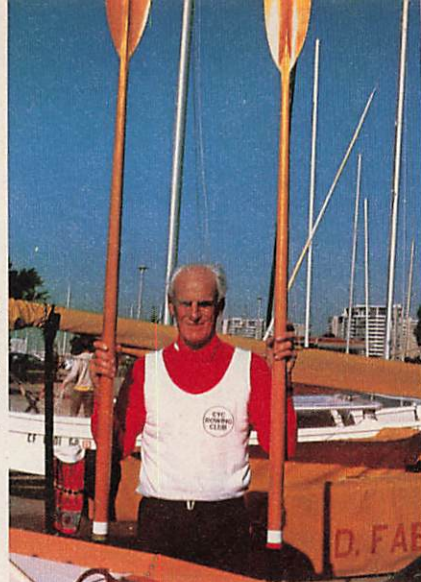
Jamie Montemeyer



After workout, Stan Mullin glides racing shell back to port at Los Angeles's Marina del Rey.

Mullin's days of bike-riding are over, but he still has his hands full—with nine-foot oars.

Part of the good exercise is handling craft on dry land. It's no easy task.



Sheathed in mahogany or laminated cedar, shells need much care. Mullin prepares to place his in shed after a sculling session.



Mullin, an attorney, is never far from water. He divides his time between his law practice in Los Angeles and his home on Catalina Island, which lies some 20 miles off the coast from Los Angeles Harbor.

Sculling provides ideal exercise—especially for older people. High praise of it comes from Dr. John Sack, an orthopedic surgeon who has been sculling for 20 years. Dr. Sack, an acquaintance of Mullin, says:

"I've recommended sculling to many older people looking for a sport that offers all-around conditioning. Sculling can fit that bill; it's a sport with no age barriers.

"Because the rower is seated while exercising and doesn't carry his body weight, the overall effect

on the body is more calming than, say, jogging or tennis.

"There is less agitation; you don't have the shock to the body that other sports can give you, the constant pounding of the joints. Whether you decide to take it easy or beat yourself into the ground, you're not going to hurt yourself. Basically, when you get through, you'll just be good and tired."

In sculling, the rower sits on a sliding seat mounted on a 27-inch track. During rowing, the seat moves forward and backward. The sculler, with his stocking-clad feet placed in footrests, faces the back of the 28-foot craft as he propels it through the water with two nine-foot oars.

Since the shell is barely two feet wide, maintaining balance is a

problem for beginners. Some novices start out using the wherry, a slightly wider and more stable craft.

Sculling is a matter of coordinating the sliding seat with arm movements, and of learning to turn the oars up and down correctly to produce a smooth, flowing motion.

Despite the hard work involved, avid scullers such as Mullin sometimes almost lose track of time out on the water. He explains:

"When I go with friends we may stay out for two hours, horsing around and sprinting against each other. We may cover up to 10 miles. People always seem to assume that I'm doing this for health's sake, but the people I scull with know I do it just because it's a lot of fun." □



Modern countertop appliances such as microwave oven and food processor simplify and speed up preparation of meals.

1970s COOKING FOR 1920s COOKS

By Willetta Warberg

If you're still cooking 1920s-style because you scorn gadgetry, congratulations! You're doing your own thing.

But if your kitchen is 50 years outdated because the machine age just scares you, this article is for you.

The evolution of kitchen machinery in our lifetime has gotten to the point where, today, portable kitchen countertop units are available in more than 200 basic categories.

As a point of interest, more than 30 different items could be used in the preparation of three meals a day. Some of the items are real work- and time-savers; others are helpful gadgets.

How to choose among them? There's only one way to decide what you need, and that is make a study of your food-preparation habits. Make a list of the things you do to prepare food before you cook it, the ways you cook it, and

what you do to it after it's cooked.

For the most part, you can use help with grating, grinding, slicing, chopping, dicing, puréeing, pulverizing, mixing and stirring; a food-processor will do beautifully here. In cooking you defrost, steam, warm up, sauté, simmer, sear, melt, roast, bake, lightly brown and soften; a countertop microwave can do all these jobs in a short time. If you sometimes prepare a sauce, crumble bread or bacon, grind nuts, or liquify foods, a blender does all these jobs quickly.

Add an electric hand-held beater and a toaster oven and you probably have all the appliances you need to complement your major appliances—refrigerator-freezer, range and dishwasher.

Assess what you have and what